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# ANNUAL REPORT

of the

PUBLIC HEALTH AND  
SANITARY CONDITION

of the

Rural Sanitary District  
of Penrith

For the Year 1937.

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F. W. GAVIN,

M.D., CH.B.(Edin.), D.P.H.,

MEDICAL OFFICER OF HEALTH.



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MANSION HOUSE,  
PENRITH,

June, 1937.

*To the Chairman and Members of the Penrith Rural District Council.*

Mr. Chairman, Miss Dickinson and Members,

I have pleasure in presenting my Annual Report on the Health of the District for 1937.

The birth rate for the year was 12.28 compared with a rate of 16.06 last year, and the figure for the year under review corresponds closely with the record low figure of 11.41 in 1935. This is a matter for some anxiety considering the general trend of population from the country to the town, and, in my opinion, rural depopulation is probably one of the more serious problems before the country at the present time. In this connection it is to be noted that the population of this district has declined from 15,420 in 1871 to 11,320, which is the Registrar General's estimated population for mid-year 1937.

The death rate is 13.79, and it is noteworthy that a very large proportion of deaths occurred after the age of 65 years. The standardised death rate is 12.27 and is obtained by multiplying the adjusted death rate by the comparability factor supplied by the Registrar General. For this area, the factor is 0.89, and, for the purposes of comparison with other areas, enables further correction for age and sex distribution to be made.

There were two outstanding outbreaks of infectious disease during the year. Firstly the Rural District did not escape the epidemic of influenza which spread over England and Wales during the early months, and, in all, was responsible for ten deaths in the district, amounting to 7.26 per cent. of the total deaths. Then, later in the year, there was a visitation of the severe crippling disease of acute anterior poliomyelitis, involving four cases and the death of one male adult.

It was also possible to bring into operation the diphtheria prevention scheme amongst school children, and a total of 385 pupils were inoculated against this treacherous and insidious disease. In this connection it is gratifying to be able to report that no cases of diphtheria were notified during the year.



An inspection of all the public elementary schools was also carried out, and a full report upon the sanitary conditions and water supply obtaining there was submitted to the Health Committee of the Council in July, 1937.

Owing to the fact that the Cumberland County Council had withdrawn their approval for the use of the existing mortuary at the Penrith Public Assistance Institution, a public mortuary has been constructed in Old London Road, Penrith, in conjunction with the Urban District Council, for the joint use of the two authorities, which has proved to be satisfactory.

During the year an extensive reconstruction scheme at the Filter House and Intake of the Dowthwaite Head Water Works was begun, and details of this will be found at a later stage in the report.

A private water supply near High Bridge, Dalston, which, on analysis, showed evidence of pollution, was condemned, and a supply from the Council's Regional Water Works has now taken its place.

Eleven houses, comprising six schemes, were reconstructed under the Housing (Rural Workers) Act, 1926, and it seems to me a great pity that more advantage is not taken of this excellent Act by Owners of unfit property.

In conclusion, I wish to express my thanks to the Chairman and Members of the Council, to S. Swift, Esq., Sanitary Surveyor, and to J. W. Smith, Esq., Clerk to the Council, for their co-operation and assistance.

I have the honour to be,

Mr. Chairman, Miss Dickinson and Gentlemen,

Yours obediently,

F. W. GAVIN,

*Medical Officer of Health.*

# ANNUAL REPORT

of

## Public Health and Sanitary Condition

of

### The Penrith Rural District

#### FOR THE YEAR 1937.

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The Statistics for the year will be found below and also in Appendices I(a) and I(b) at the end of the Report. Appendix I(a) is from the returns of the Registrar General and I(b) from the fortnightly returns of the local Registrar.

Area (in acres) ...	...	...	...	...	...	...	181,531
Estimate of Resident Population	...	...	...	...	...	...	11,320
Number of Inhabited Houses (end of 1937)	...	...	...	...	...	...	3,082
Rateable Value	...	...	...	...	...	...	£39,610
Penny Rate	...	...	...	...	...	...	£166 18s. 2d.

Live Births—		Male.		Female.		Total.
Legitimate	...	52	...	79	...	131
Illegitimate	...	4	...	3	...	7

—  
138

Birth Rate per 1,000 of population—12.28.

Still-births—		Male.		Female.		Total.
Legitimate	...	4	...	2	...	6
Illegitimate	...	—	...	—	...	—

Rate per 1,000 total births—41.66.

			Male.		Female.		Total.
Deaths	...	...	82	...	74	...	156

Death Rate per 1,000 of population—13.79.

Standardised Death Rate per 1,000 of population—12.27,

Deaths from Puerperal causes—

Puerperal Sepsis	...	...	...	...	Nil
------------------	-----	-----	-----	-----	-----

Other Puerperal causes	...	...	...	Nil
------------------------	-----	-----	-----	-----

Death Rate per 1,000 live and still births—Nil

Death Rate of Infants under 1 year—

All Infants per 1,000 live-births	...	...	...	58.00
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Legitimate Infants per 1,000 live-births	...	...	43.50
--	-----	-----	-------

Illegitimate Infants per 1,000 Illegitimate live-births	14.50
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Deaths from Cancer (all ages)	...	...	...	23
-------------------------------	-----	-----	-----	----

Deaths from Measles (all ages)	...	...	...	Nil
--------------------------------	-----	-----	-----	-----

Deaths from Whooping Cough (all ages)	...	...	...	Nil
---------------------------------------	-----	-----	-----	-----

Deaths from Diarrhoea (under two years of age)	...	...	Nil
--	-----	-----	-----

## SOCIAL CONDITIONS OF THE AREA.

The area of the district is stated to be 181,531 acres, and the Registrar General's estimate of the population is 11,320. The lime works at Flusco, Blencowe, and Red Hills, the alabaster works at Little Salkeld, the brick works at Culgaith, and some quarries are the local industries, but agricultural work however remains the chief source of employment in the district.

On 31st December, 1936, the number of unemployed in the district was 49 men and 4 women, whilst at 31st December, 1937, the number had risen to 52 men, 6 women and 4 juveniles.

## VITAL STATISTICS.

**Births.**—The number of births for the year is 138, giving a rate of 12.28, and may be compared with last year when the number was 184 and the rate 16.06. The number of births in 1935 was 133, giving a rate of 11.41.

**Deaths.**—The number of deaths belonging to the district is 156, which gives a rate of 13.79, the figures for last year being 128 deaths and a rate of 11.17. The standardised death rate for the year is 12.27. It is again noticeable that a very large proportion of deaths occur after the age of 65 years and that Heart Disease (37), Other Circulatory Diseases (18) and Cancer (23) are the chief causes. There were also ten deaths from Influenza during the year.



The figures given below, supplied by the County Medical Officer, will be interesting :—

	Birth Rate.	Crude Death Rate.	Adjusted Death Rate.	Standardised D.R.	Infantile Mortality Rate.
England and Wales	14.9	12.4	12.4	—	58
Administrative County of Cumberland	16.0	14.4	13.8	—	61
Urban Districts of Cumberland	16.9	13.8	13.9	—	59
Rural Districts of Cumberland	15.3	14.6	13.3	—	63
Rural District of Penrith	12.28	12.46	13.79	12.27	58

## GENERAL PROVISION OF HEALTH SERVICES IN THE AREA.

There is no alteration in the provision of Health Services in the Area.

1. The Medical Officer of Health for this area has a similar appointment with the Urban District Council, and he also acts as Assistant County Medical Officer of Health for the Cumberland County Council. His qualifications are M.D., Ch.B.(Edin.), D.P.H.

The Sanitary Surveyor has a full time appointment. His qualifications are :—Diploma of Royal Sanitary Institute and Diploma as Meat and Food Inspector.

There are also two officials employed to look after the water supplies of the area, and two unqualified housing assistants are also employed.

2. With regard to Laboratory facilities and Hospital service, no changes have been made during the year.

A new 20 h.p. Austin Ambulance was provided for the use of the Penrith and District Joint Ambulance Committee, which serves three authorities, viz. :—Penrith Urban District Council, Penrith Rural District Council and North Westmorland Rural District Council. The Clerk of the Joint Committee is Mr. C. H. Huntley, Town Hall, Penrith.

## SANITARY CIRCUMSTANCES OF THE AREA.

No action has been taken by the County Council in pursuance of Section 57 of the Local Government Act, 1929, nor has any action been taken under Section 307 or Section 320 of the Public Health Act, 1936.

I am indebted to Mr. Swift, Sanitary Surveyor, for the following report :—

### Sanitary Circumstances of the District.

In my Annual Report for 1935 a lengthy report was submitted regarding the water supplies of the area, and after a careful survey and inspection of certain districts during the latter part of 1935 it was found that several parts of the area were in a bad state and often without a water supply at all for several months of the year.

The Council then decided to extend the Regional Works to bring various villages into the Scheme by laying 47 miles of mains varying from 6 in. to 2 in. in diameter at an estimated cost of £38,000, and later decided upon an extension to the works at a cost of approximately £42,000. This work has now been completed and is now feeding, in all, 52 villages.

There is a great drawback in a Rural District, especially in a regional scheme where several miles of mains have to be laid to link up various villages, often without any, or very little, revenue.

### Water Works of this District.

These works are very extensive and at present have a network of approximately 400 miles of mains of various sizes. The villages of Scales, Guardhouse, Mungrisdale, Mosedale and a part of Ivegill (taken in from the Carlisle Rural District) have now a permanent supply, and various other extensions have been laid to supply other small hamlets that were not at first considered in the larger scheme, and it is very pleasing to state in this report that all the works in the district have now been completed so far as water supply is concerned, and all properties have a constant supply of water from the Council's mains.

The Filtration Plant with three shells and an automatic wheel drive for chemical treatment was installed at the Head Works at Dowthwaite Head in 1931. The three shells were capable of dealing with 300,000 gallons of water per day of 24 hours, but owing to the increase in consumption caused by the laying of mains to the outlying parts of the district, it was thought by the Council that a further reserve of 100,000 gallons per day would be needed. In

consequence of this, another shell was installed and the old chemical plant was scrapped and replaced by a more up to date and reliable system, worked from venturi tubes. Furthermore, as the old shells had been in use for seven years it was thought advisable to have the three old shells charged with new filtering media. This work was carried out by Messrs. Paterson Engineering Company Limited of London under the supervision of the Council's Engineers, and the Council now have a very efficient plant under first class supervision, the supply at the source being practically unlimited and of first class quality. A copy of the analysis of a sample of water taken at the Head Works is inserted below :—

RESULTS EXPRESSED IN GRAINS PER GALLON.

Total Solid Matter in solution dried at 212° F.	..	..	3.080
Chlorine existing as Chlorides	..	..	.420
* Free Ammonia	..	..	Nil
Albuminoid Ammonia	..	..	.004
Nitrogen existing as Nitrates	..	..	Nil
Oxygen absorbed in 15 minutes at 80° Fahr.	..	..	.064
Oxygen absorbed in 4 hours at 80° Fahr.	..	..	.105
Lead and other poisonous metals	..	..	Nil
Hardness before boiling (Clark's degrees)	..	..	2 $\frac{1}{4}$
Hardness after boiling (Clark's degrees)	..	..	$\frac{3}{4}$
Appearance in two foot tube	..	..	Clear, yellowish-green
Smell when heated to 100° Fahr.	..	..	None
Microscopical Examination	..	..	Slight deposit of vegetable debris

40 Lowther Street, (Signed) HELLON & MANN,  
 Whitehaven, Analytical & Consulting Chemists.  
 11th November, 1937.

### Sewerage Works.

The sewerage works in this district are now receiving serious consideration by the Council. The Council, after having spent large sums of money on water supplies, find that where water is taken, a nuisance is created by the increased volume of sewage.

This, of course, creates a heavy burden upon a district of this description, the only means of raising the revenue being directly from the rates. However, the Council now have schemes in hand for the villages where sewage schemes are badly needed, or in need of improvement, to meet present day requirements.

The Engineers' Schemes have not yet been completed, but, subject to the adjustment of small details, the Council hope to have the plans ready for the Ministry during the year 1938-39.



**Lazonby.**—These works have been found to be insufficient for dealing with the amount of sewage now being discharged from the village, and at the present time the matter is in the hands of the Engineers for the construction of a more efficient and up to date system.

**Kirkoswald.**—These sewers were laid down 30 to 40 years ago, and, at that time, were sufficient for the needs of the village. No proper outfall was provided for and sewage was discharged directly into the stream.

Owing to the erection of additional houses and the modernising of sanitary conveniences, the amount of sewage has considerably increased and is causing a nuisance at the outfall. This matter is also in the hands of the Engineers who are preparing plans, etc., for a more efficient disposal works.

**Skirwith and Greystoke.**—The position in these two villages as regards sewerage is contained in the Council's proposals as indicated in the first paragraph.

### **Closet Accommodation.**

I am pleased to report that I have had more time to devote to this class of work in the past year. During housing inspection particular attention is given to this class of work, and during the year 30 midden and privy closets were converted to the water carriage system and 16 houses, apart from new houses, have been fitted with bathrooms.

### **Public Cleansing.**

This work was commenced approximately twelve months ago but owing to the very large area and the scattered nature of the district, very great care had to be observed when selecting the sites for disposal. Three large quarries were first of all leased near Greystoke, which would serve approximately twelve villages and would be large enough to take the refuse for a period of not less than 15 to 20 years.

During the past year schemes have been put into operation for Dacre, Stainton, Red Hills, Blencowe and Skelton.

Other additional quarries have been leased on the east side of the district and schemes are now being prepared for Hunsonby, Winskill, Little Salkeld, Robberby, Ousby, Melmerby, and possibly Gamblesby, and a district along the lake side known as Watermillock.



There is still a lot of spade work to be done in this department, and should time permit, I hope to have several other villages included in the scheme during the year 1938.

## SANITARY INSPECTION OF THE AREA.

### Summary of Inspections Made.

Workshops	..	..	..	..	..	50
Dairies and Cowsheds	..	..	..	..	..	464
Slaughterhouses	..	..	..	..	..	565
Petrol Stores	..	..	..	..	..	168
Carbide Stores	..	..	..	..	..	27
Waterworks	..	..	..	..	..	994
Sewerage Works	..	..	..	..	..	640
Works in Progress—New Drains, &c...	..	..	..	..	..	426
New Buildings	..	..	..	..	..	363
General Inspections	..	..	..	..	..	275
Inspections <i>re</i> Complaints received	..	..	..	..	..	69
Inspections under Housing Acts	..	..	..	..	..	469
Re-inspection of the same	..	..	..	..	..	294
Inspection of Schools	..	..	..	..	..	33

### Works Carried Out.

Premises cleansed	..	..	..	..	..	6
Roofs repaired	..	..	..	..	..	54
New Spouting fixed	..	..	..	..	..	61
Air Drains fixed	..	..	..	..	..	7
Floors relaid and repaired	..	..	..	..	..	44
Walls repaired or cemented	..	..	..	..	..	116
Scullery Sinks trapped	..	..	..	..	..	35
Water Closets constructed	..	..	..	..	..	74
Water Closets repaired	..	..	..	..	..	60
Privies and E.C.'s constructed or repaired	..	..	..	..	..	10
Liquid-manure nuisances abated	..	..	..	..	..	16
Ashpits or Accumulations of Refuse removed	..	..	..	..	..	19
Drains constructed or repaired	..	..	..	..	..	67
Sewers and Drains repaired and cleansed	..	..	..	..	..	29
New Septic Tanks built	..	..	..	..	..	24
Water Supplies carried to Houses	..	..	..	..	..	120
New Baths fixed	..	..	..	..	..	49
Cowsheds improved	..	..	..	..	..	36
New Cowsheds built	..	..	..	..	..	2
New Cooling-houses erected	..	..	..	..	..	12
New Houses erected	..	..	..	..	..	21
Houses altered or repaired	..	..	..	..	..	28
New Windows fixed	..	..	..	..	..	76
New Ceilings put up or repaired	..	..	..	..	..	54
New Slop Sinks fitted to Houses	..	..	..	..	..	66

### Swimming Baths and Pools.

(a) There are no public swimming baths in the area.

(b) There are no privately owned swimming baths or pools open to the public in the area. There are, however, two school swimming baths at Culgaith and Hunsonby, and frequent changes of the water is undertaken to ensure its satisfactory condition.

### Schools.

All the public elementary schools in the area were visited by the Medical Officer of Health and Sanitary Surveyor, and a special report was submitted to the Health Committee of the Council at their Meeting in July. Of the 33 schools inspected, no less than sixteen were regarded as having very unsatisfactory sanitary conditions and only thirteen were considered to be satisfactory. At four schools small defects easily remediable were found. The attention of the school managers was drawn to the defects in every case.

### Bed Bugs.

There were no cases of bed bug infestation brought to the notice of the Sanitary Department during the year.

## HOUSING.

During housing inspection and also when inspecting cowsheds and dairies it is astonishing to note that *furniture beetles* are widespread in this district, and, in fact, amount to a kind of plague.

I have personally very frequently seen evidence of these pests in rafters and floor boards, wooden stairs and handrails, wooden doors, and even in milking stools. These beetles are of public health importance by causing structural dilapidations, *e.g.* bedstead legs falling through floors, the wood of which has been eaten away by the "wood worm," and, again, sagging defective roofs raining in and causing dampness and plaster work to perish through the destruction of rafters, etc. It will thus be seen that the matter is of some moment to all property owners, and that such owners would be well advised in their own interests to make sure that their property is adequately safeguarded.

Of some seven members of the furniture beetle family in this country, two are important from the public health viewpoint, viz :—

- (i) The common furniture beetle (*anobium punctatum*)  
and

- (ii) The death-watch beetle, also of an Anobiidae family which occurs chiefly in old oak beams, *e.g.*, church roofs, etc., but may attack any seasoned timber.

In nature these beetles infest dead trees or the dead bough of a tree or shrub. Their life history is similar to that of a butterfly, commencing life as an egg which is deposited in cracks or on rough parts of exposed wood and which grows into a larva or grub (wood worm) and later tunnels through the wood substance before developing into a chrysalis from which the beetle emerges, and finally bores its way through the wood surface. The worm holes in the wood surface are caused by the beetles, but most of the damage is due to the larvæ tunnelling deeply in the wood substance, which eventually becomes rotten and incapable of withstanding stress or strain.

The width of these worm holes gives a good measurement of the size of the insect responsible for them, and holes caused by the death-watch beetle are about twice the diameter of those made by the other species of the furniture beetle.

The common furniture beetle makes holes generally of less than  $1/12''$  in diameter.

Wood is infected by beetles laying eggs on the timber and these hatch out in about three to four weeks as larvæ which burrow deeply into the wood, the whole life cycle apparently takes about one year, but may take two years and, in the case of the death-watch beetle, may take three years.

Wood situated where there is defective ventilation, or where it is subject to repeated soakings of rain, is most liable to attack.

*Treatment* of "worm-eaten" wood should be carried out by the destruction of the beetles and their larvæ. As these beetles have wings it is possible for them to fly into houses through open windows or doors, but they are usually introduced as larvæ in infected timber or furniture, and once in the house they may spread to any unprotected wood, whether previously attacked or not.

Eggs are laid by the female beetles in May or June, and therefore special watch must be paid to furniture during these months. Treatment of wood with paraffin or turpentine applied to joints and all unpolished and rough surfaces of the wood should destroy any eggs.



To *kill* the grubs in wood already infected and beginning to show worm holes, one or other of the fine specialised grades of Cuprinol is probably the most efficient method. Cuprinol has the great advantage of giving lasting protection to wood and it is not poisonous to use. Creosote is also often used but is apt to get washed out of wood when exposed to rainfall, and therefore requires repeated application.

Other methods of treatment are either less efficient or dangerous to use, *e.g.* H.C.N. gas, Corrosive Sublimate Solution.

A very satisfactory number of schemes have been dealt with under the Housing (Rural Workers) Act, 1926, the number of houses reconstructed being six schemes comprising eleven houses.

During the year the number of plans submitted and approved was as follows :—

New Houses ... ..	46
Re-constructed Houses ...	43
Additions to Houses ...	19
Other Buildings ... ..	12
Cowsheds ... ..	2

The statistics required under the Housing Act are given below :—

**1.—Inspection of Dwelling-houses during the year :—**

(1) (a) Total number of dwelling-houses inspected for housing defects under Public Health or Housing Acts ... ..	288
(b) Number of Inspections made for the purpose ...	462
(2) (a) Number of dwelling-houses (included under sub-head (1) above) which were inspected and recorded under the Housing Consolidated Regulations, 1925	288
(b) Number of Inspections made for the purpose ...	288
(3) Number of dwelling-houses found to be in a state so dangerous or injurious as to be unfit for human habitation ... ..	10
(4) Number of dwelling-houses (exclusive of those referred to under the preceding sub-head) found not to be in all respects reasonably fit for human habitation...	19



## 2.—Remedy of Defects during the year without service of formal notices :—

Number of defective houses rendered fit in consequence of informal action by the Local Authority or their Officers	...	...	...	...	...	...	10
--	-----	-----	-----	-----	-----	-----	----

## 3.—Action under Statutory Powers during the year :—

### (a) Proceedings under Sections 17, 18 and 23 of the Housing Act, 1930 :—

(1) Number of dwelling-houses in respect of which notices were served requiring repairs	...	...	Nil
---	-----	-----	-----

### (2) Number of dwelling-houses which were rendered fit after service of formal notices :—

(a) By Owners	...	...	...	...	...	Nil
---------------	-----	-----	-----	-----	-----	-----

(b) By Local Authority in default of owners	...	Nil
---	-----	-----

### (b) Proceedings under Public Health Acts :—

(1) Number of dwelling-houses in respect of which notices were served requiring defects to be remedied	...	...	...	...	...	Nil
--	-----	-----	-----	-----	-----	-----

### (2) Number of dwelling-houses in which defects were remedied after service of formal notices :—

(a) By Owners	...	...	...	...	...	Nil
---------------	-----	-----	-----	-----	-----	-----

(b) By Local Authority in default of owners	...	Nil
---	-----	-----

### (c) Proceedings under Sections 19 and 21 of the Housing Act, 1930 :—

(1) Number of dwelling-houses in respect of which Demolition Orders were made	...	...	...	Nil
---	-----	-----	-----	-----

(2) Number of dwelling-houses demolished in pursuance of Demolition Orders	...	...	...	Nil
--	-----	-----	-----	-----

### (d) Proceedings under Section 20 of the Housing Act, 1930 :—

(1) Number of separate tenements or underground rooms in respect of which Closing Orders were made	...	...	...	...	...	Nil
--	-----	-----	-----	-----	-----	-----

(2) Number of separate tenements or underground rooms in respect of which Closing Orders were determined, the tenement or room having been rendered fit	...	...	...	...	...	Nil
---	-----	-----	-----	-----	-----	-----

## 4.—Housing Act, 1935—Overcrowding :—

(a) (1) Number of dwellings overcrowded at end of year...	4
---	---

(2) Number of families dwelling therein	...	...	4
---	-----	-----	---

(3)	Number of persons dwelling therein	...	...	16
(b)	Number of cases of overcrowding reported during the year	...	...	Nil
(c) (1)	Number of cases of overcrowding relieved during the year	...	...	6
(2)	Number of persons concerned in such cases	...		56
(d)	Particulars of any cases in which dwelling-houses have again become overcrowded after the local authority have taken steps for the abatement of overcrowding	...	...	Nil
(e)	Any other particulars with respect to overcrowding conditions upon which the Medical Officer of Health may consider it desirable to report.			

I understand that the housing conditions in the district are fairly satisfactory. After a census taken under the Housing Act, 1935, out of three thousand houses only seventeen were found to be overcrowded. This number was reduced to four at 31st December, 1937, and it is hoped that the remaining ones will shortly be satisfactorily dealt with.

The Council makes strenuous efforts to take advantage of the Housing (Rural Workers) Acts which provide the means of clearing up housing difficulties in such a rural area as this where houses cannot possibly be built for an agricultural population to produce anything like an economic rent.

It is a great pity that owners are reluctant to avail themselves of the opportunities offered by these extremely useful Acts, and it may be that more propaganda work is required.

## INSPECTION AND SUPERVISION OF FOOD.

### Milk Supply.

There are a large number of persons registered in this district as Milk Producers. The number of persons on the register is 831, made up as follows :—

Tuberculin Tested	...	...	7
Accredited	...	...	17
Wholesale only	...	...	176
Wholesale and Retail	...	...	49
Retail only	...	...	166
Butter	...	...	364
Cream	...	...	52

During the year samples of milk were taken for analysis in 148 cases, and the results were :—

From Schools :—

56 samples taken—

Standard A *	...	...	...	39
Standard B †	...	...	...	17

\* Standard A Satisfactory.

† Standard B Not Satisfactory.

From T.T. Producers :—

16 samples taken—

Standard A	...	...	...	13
Standard B	...	...	...	3

From Accredited Producers :—

45 samples taken—

Standard A	...	...	...	30
Standard B	...	...	...	15

From Ordinary Producers :—

31 samples taken—

Standard A	...	...	...	8
Standard B	...	...	...	23

No traces of Tubercle Bacilli were found.

Samples taken during the months of January, February, March, July, August and September, are required to satisfy the Methylene Blue Test only, whereas the samples taken during the remaining six months of the year are tested for B.Coli and Tubercle Bacilli in addition. Samples are taken from all schools which have adopted the milk in schools scheme four times per year.

### **Meat and Other Food.**

There are at present thirteen slaughter houses in the district, including one private slaughterhouse at Greystoke Castle.

All meat stores and slaughterhouses are regularly inspected and all are kept clean and in a satisfactory condition.

The amount of meat condemned during the year is very low ; the class of meat killed for food is of a high quality, and furthermore we are fortunate in having all cattle bought through the Auction, and by such means the animal is insured, thereby the butcher suffers no loss should the beast be condemned, being insured for the full amount paid through the auction mart.



The practice of importing cattle from other districts for slaughter in this area has completely stopped following a severe warning to the butchers concerned.

The following carcasses were condemned as being unfit for food :—

Beasts	...	...	...	...	7
Sheep	...	...	...	...	15
Pigs	...	...	...	...	3
Offal	...	...	...	...	20

All condemned meat is carted away by the Council to a waste eliminating plant.

### **Inspection and Supervision of Food.**

This area is a very large one and of a scattered nature, calling for a lot of time and travelling when inspecting the various farms.

The Council now co-operate with the County Council in the collection and analysis of samples of milk. This arrangement is working satisfactorily and a more efficient system of sampling has resulted.

During the year 31 routine samples were taken and 56 school samples. The majority of these were found to be satisfactory and no samples were found to contain T.B.

### **RATS AND MICE DESTRUCTION.**

It has been found from experience in this district that it is useless from a practical point of view to concentrate on Rat Week in November in a district of this description, whilst agreeing that it is the proper time of the year to carry out such work.

During numerous inspections in all parts of the district it has often been noticed that farms and other premises were infested with rats, and owners have been notified accordingly. By arrangement with the Cumberland County Council a regular supply of rat poison is kept in the office all the year round for distribution free of charge to occupiers of rat infested premises. People in the district have notified each other of this service and it is surprising the number of applicants we now get each week during winter and summer for supplies of rat poison. There has really now been created a rat "week" throughout the whole year with a special effort made during National Rat Week in November.



INFECTIOUS DISEASES.

The notifiable diseases, with the number of cases occurring during the year are given in the table below, excepting Tuberculosis:

NOTIFIABLE DISEASES (except Tuberculosis).

Diseases.	AGES.										TOTAL.	Admitted to Isolation Hospital	Deaths.
	-1	1-	2-	3-	4-	5-	10-	15-	20-	35-	45-	65-	
Smallpox ...	...	...	...	...	...	...	...	...	...	...	...	...	...
Scarlet Fever ...	...	...	...	...	...	...	4	...	...	...	...	2	...
Diphtheria ...	...	...	...	...	...	...	...	...	...	...	...	...	...
Enteric Fever ...	...	...	...	...	...	...	...	...	...	...	...	...	...
Puerperal Pyrexia...	...	...	...	...	...	...	...	...	...	1	...	...	...
Pneumonia ...	...	...	...	...	...	2	2	...	2	2	3	5	5
Erysipelas ...	1	...	...	...	...	...	...	...	...	...	...	...	...
Ophthalmia Neonatorum...	2	..	...	...	...	...	...	...	...	...	...	2	...
Cerebro-spinal Fever ...	...	...	...	...	...	...	...	...	...	...	...	...	...
Acute Anterior Poliomyelitis...	...	...	...	...	...	1	...	...	2	1	...	4	1
Encephalitis Lethargica ...	...	...	...	...	...	...	...	...	...	...	1	...	1
											Totals	29	7

## Scarlet Fever.

This disease was not troublesome during 1937 when only four cases were notified, as compared with eleven cases in 1936 and fourteen cases in 1935. All these cases were scattered and there was no known source of infection. Two cases were admitted to the Isolation Hospital. Isolation is however required when the disease occurs at a milk producer's farm or other premises where foodstuffs are handled.

## Diphtheria.

There were no cases notified during the year 1937.

In accordance with a resolution of the Penrith Rural District Council passed in December, 1936, a scheme for the artificial immunisation of school children in the district was commenced early in 1937, and the number of children inoculated up to the end of the year is as follows :—

<i>School.</i>	<i>No. of Children inoculated.</i>				
Stainton .. .. .	..	..	..	..	29
Dacre .. .. .	..	..	..	..	15
Newbiggin .. .. .	..	..	..	..	19
Greystoke .. .. .	..	..	..	..	15
Threlkeld .. .. .	..	..	..	..	22
Skelton .. .. .	..	..	..	..	30
Watermillock .. .. .	..	..	..	..	10
Matterdale .. .. .	..	..	..	..	4
Hutton Roof .. .. .	..	..	..	..	11
Penruddock .. .. .	..	..	..	..	40
*Plumpton .. .. .	..	..	..	..	14
Hutton Marr .. .. .	..	..	..	..	7
*Calthwaite .. .. .	..	..	..	..	19
Ivegill .. .. .	..	..	..	..	13
*High Hesket .. .. .	..	..	..	..	33
*Ousby .. .. .	..	..	..	..	29
*Kirkoswald .. .. .	..	..	..	..	41
*Lazonby .. .. .	..	..	..	..	34
Total ..					385

\* Also visited in 1938.

Whilst the scheme is mainly for school children aged ten years and under, those of pre-school age over two years are inoculated in the schools, and also children of eleven years and over where the parents wish them to be injected.

There is no preliminary Schick test as all the children dealt with are assumed to be susceptible to Diphtheria.

The material used for immunisation is Toxoid-antitoxin-floccules (Burroughs and Wellcome) 1. c.c.m. being given at four weekly intervals on three occasions. On every occasion a freshly boiled needle is used, and the child's arm is sterilised with spirit and dettol.

Thanks are due to the Head Teachers for their most helpful co-operation, and also to the County Medical Officer of Health for securing the aid of the District Nurses at the various schools.

It is hoped that a further report on this work will be given in the Annual Report for 1938.

### **Puerperal Fever.**

One case was notified due to an attack of Influenza during the height of that epidemic on 1st February, 1937.

### **Pneumonia.**

This disease alone accounted for five out of the eight deaths due to notifiable infectious diseases during the year under review.

Two cases were notified as Influenzal Pneumonia and seven cases occurred during the months of February and March alone. Fortunately there was a decrease in cases (16) as compared with 23 cases in 1936. Apart from severe snowstorms in February and December, the weather conditions in 1937 were not unfavourable in the Penrith district.

### **Ophthalmia Neonatorum.**

This disease is now notified direct to the County Medical Officer of Health who later transmits a copy to the district concerned. Two cases occurred in 1937.

### **Erysipelas.**

This disease is scarcely "infectious" in the ordinary sense but is rather "contagious" and can be well nursed at home in most cases. The disease is often dealt with in a general hospital.

### **Encephalitis Lethargica.**

One case, which proved fatal, was notified in March.

### **Acute Anterior Poliomyelitis.**

No fewer than four cases of this dreaded disease occurred during the year and the details of these are as follows:—



*1st case—Male, aged 9 years.*

Notified in September and removed to the Ethel Hedley Orthopædic Hospital at Windermere on 2nd September, 1937. This hospital is for the treatment of children only.

*2nd case—Male, aged 35 years.*

Also notified in September, and was removed to the Isolation Hospital at Fairhill, Penrith, on 20th September, 1937, and later, by special arrangement with the County Medical Officer, transferred to the Orthopædic Hospital at Oswestry on 2nd October, 1937. This case was a farm labourer who was working in the fields when illness overtook him. He made an excellent recovery and was discharged home on 20th November, 1937.

*3rd case—Male, aged 25 years.*

This case was notified on 30th October, 1937, and admitted to Oswestry Orthopædic Hospital on 1st November, 1937.

*4th case—Male, aged 32 years.*

This case was notified on 24th November, 1937, was very severe with, apparently, respiratory involvement, and proved fatal before he could be removed to Oswestry.

Thanks are due to the County Medical Officer for the prompt removal to hospital of these cases, and in this connection I desire to record my appreciation of the valuable services rendered by W. Butcher, Esq., Administrative Officer, County Health Department, Carlisle.

All four cases had no known source of infection and no connecting links could be found between them. The first two cases occurred to the east of Penrith but several miles apart and the last two cases were both in very isolated and sparsely populated districts in the western area of the district.

It is remarkable that isolated districts should be afflicted by this mysterious malady, and it is noteworthy that no known contacts contracted the disease. Another remarkable fact is their age distribution, the youngest nine years old and the others all adults, which rather suggests that the term "Infantile Paralysis" is incorrect. Contacts were advised to gargle with permanganate of potassium 1 in 5,000 solution, and children in the affected households were excluded from school for a period of three weeks after isolation of the patient.

It is gratifying that no cases of **Smallpox**, **Enteric Fever**, **Diphtheria** or **Cerebro-spinal Fever** occurred during 1937 and the year can be regarded as a good one as only five cases were admitted to hospital compared with eighteen in 1936, and the total



number of cases notified in 1936 was 51 compared with only 29 in 1937 ; the total number of deaths remained the same, seven in each year.

### TUBERCULOSIS.

The total number of cases now in the district is apparently 24 as compared with 18 at the end of last year. Only one death from Tubercle—a pulmonary case—occurred during 1937, and this was a case notified shortly before death.

There were ten new cases in 1937 and of these no less than five came from other districts, *e.g.* one Newcastle, one Stockton, one Brampton, and two from London.

The notification was properly carried out, and it will be seen that tuberculosis was not a major problem in the Penrith Rural District during 1937, owing probably to the pretty favourable housing conditions, *e.g.* low incidence of overcrowding (which is practically non-existent), and the fairly satisfactory housing conditions generally.

### TUBERCULOSIS CASES.

AGES.	New Cases.				Deaths.			
	Respiratory		Non-Respir.		Respiratory		Non-Respir.	
	M	F	M	F	M	F	M	F
To One year .. ...	—	—	—	—	—	—	—	—
1 to 5 years ... ..	—	—	—	—	—	—	—	—
5 to 15 „ ... ..	1	1	—	—	—	—	—	—
15 to 25 „ .. ..	—	1	1	—	—	—	—	—
25 to 35 „ .. ...	2	2	1	—	1	—	—	—
35 to 45 „ ... ..	—	1	—	—	—	—	—	—
45 to 55 „ ... ..	—	—	—	—	—	—	—	—
55 to 65 „ ... ..	—	—	—	—	—	—	—	—
65 and upwards ... ..	—	—	—	—	—	—	—	—
TOTALS ... ..	3	5	2	—	1	—	—	—

The Total Number of Cases is 24.

## CANCER.

The deaths from this disease is much higher than last year. There were twenty-three deaths, eleven males and twelve females, as compared with eleven deaths in 1936 and eighteen in 1935. The cases are as follows :—

Bladder—F. 63.

Oesophagus—M. 65 ; F. 43 ; M. 75.

Stomach—M. 49 ; M. 41 ; M. 51 , F. 72 ; M. 55 ; M. 71.

Liver—F. 80 ; F. 69 ; F. 72.

Colon—F. 85 ; M. 71 ; F. 62.

Ovary—F. 46.

Liver and Breast—F. 52.

Face (Cheek)—M. 68.

Breast—F. 36.

Rectum—F. 70.

Tongue—M. 72.

Testes—M. 64.

## PREVENTION OF BLINDNESS.

Section 66 of the Public Health Act, 1925, is administered by the Cumberland County Council.

## TUBERCULOSIS.

No action has been necessary under the Public Health (Prevention of Tuberculosis) Act, 1925, relating to persons suffering from Pulmonary Tuberculosis employed in the Milk Trade, or under Section 62 of the Public Health Act, 1925, relating to compulsory removal to hospital of persons suffering from Tuberculosis.

## APPENDIX I (a).

## Causes of Deaths as given by the Registrar-General.

						Males.		Females.		Total.
Influenza	..	..	..	..	..	3	..	7	..	10
Eucephalitis Lethargica	..	..	..	..	..	—	..	1	..	1
Tuberculosis of Lungs	..	..	..	..	..	1	..	—	..	1
Cancer, Malignant Disease	..	..	..	..	..	11	..	12	..	23
Diabetes	..	..	..	..	..	1	..	2	..	3
Cerebral Hæmorrhage,	..	..	..	..	..	—	..	5	..	5
Heart Disease	..	..	..	..	..	24	..	13	..	37
Other Circulatory Diseases	..	..	..	..	..	9	..	9	..	18
Bronchitis	..	..	..	..	..	3	..	1	..	4
Pneumonia	..	..	..	..	..	6	..	2	..	8
Other Respiratory Diseases	..	..	..	..	..	1	..	1	..	2
Peptic Ulcer	..	..	..	..	..	1	..	—	..	1
Appendicitis	..	..	..	..	..	1	..	1	..	2
Other Liver Diseases	..	..	..	..	..	—	..	2	..	2
Other Digestive Diseases	..	..	..	..	..	—	..	2	..	2
Acute and Chronic Nephritis	..	..	..	..	..	—	..	4	..	4
Premature Birth and Malformations	..	..	..	..	..	2	..	4	..	6
Senility	..	..	..	..	..	4	..	2	..	6
Suicide	..	..	..	..	..	1	..	—	..	1
Other Violence	..	..	..	..	..	8	..	1	..	9
Other Defined Diseases	..	..	..	..	..	5	..	4	..	9
Ill-defined or not known	..	..	..	..	..	1	..	1	..	2
						<hr/>		<hr/>		<hr/>
				Totals	..	82	..	74	..	156
						<hr/>		<hr/>		<hr/>



## APPENDIX 1(b).

Causes.	Un- der 1	1- 2	2- 5	5- 15	15- 25	25- 45	45- 65	Ov- er 65	Totals.
Influenza .. ..	..	..	..	..	..	2	4	3	9
Encephalitis Lethargica ..	..	..	..	..	..	..	1	..	1
Tuberculosis—respiratory ..	..	..	..	..	..	1	..	..	1
Cancer .. ..	..	..	..	..	..	1	11	11	23
Diabetes .. ..	..	..	..	..	..	..	..	3	3
Cerebral Hæmorrhage ..	..	..	..	..	..	..	2	9	11
Heart Disease .. ..	..	..	..	..	..	1	5	31	37
Other Circulatory Diseases ..	..	..	..	..	..	..	1	10	11
Bronchitis .. ..	..	..	..	..	..	..	1	1	2
Pneumonia .. ..	..	..	..	..	..	1	1	7	9
Other Respiratory Diseases ..	..	..	..	..	..	..	..	1	1
Appendicitis .. ..	..	..	..	..	..	..	2	..	2
Other Diseases of Liver ..	..	..	..	..	..	1	..	..	1
Acute and Chronic Nephritis ..	..	..	..	..	..	..	..	1	1
Other Digestive Diseases ..	..	..	..	..	..	..	1	3	4
Congenital Debility, premature birth, &c. ..	7	..	..	..	..	..	..	..	7
Senility .. ..	..	..	..	..	..	..	..	18	18
Suicide .. ..	..	..	..	..	..	..	..	1	1
Other Violence .. ..	1	..	..	..	1	2	..	..	4
Other Defined Diseases ..	..	..	..	..	..	2	3	5	10
Totals .. ..	8	..	..	..	1	11	32	104	156

## FACTORIES, WORKSHOPS AND WORKPLACES.

					Inspections.		Written Notices.
Factories ..	..	..	..	..	—	..	—
Workshops	..	..	..	..	47	..	10
Workplaces	..	..	..	..	—	..	—
					—		—
					47	..	10
					—		—

No occupiers prosecuted.

					Defects Found.		Defects Remedied.
Want of Cleanliness	..	..	..	..	3	..	3
Want of Ventilation	..	..	..	..	6	..	6
Other Nuisances	..	..	..	..	1	..	1
					—		—
					10	..	10
					—		—







